

**PENGARUH SUBSTITUSI TEPUNG BIJI ALPUKAT
(*Persea americana* Mill) DENGAN TEPUNG TERIGU TERHADAP
KADAR PROTEIN DAN TINGKAT KESUKAAN *COOKIES***

Intisari

Biji alpukat merupakan limbah yang dapat diolah menjadi tepung biji alpukat dan digunakan pada produk makanan. Salah satu produk makanan yang dapat dibuat dari tepung biji alpukat adalah *cookies*. Tujuan penelitian ini adalah untuk mengetahui pengaruh substitusi tepung biji alpukat terhadap tingkat kesukaan, kadar air dan kadar protein.

Desain penelitian menggunakan Rancangan Acak Lengkap (RAL) satu faktor dengan 6 perlakuan dan 2 kali pengulangan. Substitusi tepung biji alpukat yang digunakan yaitu 0%, 5%, 10%, 15%, 20% dan 25%. Proses pemanggangan *cookies* menggunakan suhu 135 °C selama 15 menit. *Cookies* diuji tingkat kesukaan dengan parameter warna, rasa, aroma, tekstur, serta kadar air dan kadar protein. Hasil Analisis diuji menggunakan *One Way Anova* dan jika ada beda nyata dilanjutkan menggunakan uji *Duncan Multiple Range Test* (DMRT) dengan signifikansi 5%.

Hasil pengujian menunjukkan bahwa substitusi tepung biji alpukat berpengaruh nyata terhadap tingkat kesukaan, kadar air dan kadar protein *cookies*. Hasil uji tingkat kesukaan menunjukkan bahwa *cookies* yang paling disukai terdapat pada substitusi tepung biji alpukat 15% dengan tepung terigu 85%. Pada perlakuan ini *cookies* memiliki warna coklat, aroma dan rasa agak khas biji alpukat serta tekstur yang renyah. Sampel paling disukai mempunyai kadar air 3,80% (wb) dan kadar protein 5,51%. Berdasarkan hasil analisis kadar air dan kadar protein sampel *cookies* yang paling disukai sudah memenuhi SNI 02973-2011 tentang syarat mutu *cookies* dan biskuit.

Kata kunci: Tepung biji alpukat, *cookies*, tingkat kesukaan, kadar air, kadar protein

**THE EFFECT OF AVOCADO (*Persea americana* Mill) SEED FLOUR
SUBSTITUTION ON WHEAT FLOUR ON PROTEIN CONTENT AND
PREFERENCE LEVEL OF COOKIES**

Abstract

Avocado seeds were recyclable waste into avocado seed flour and utilized in food products. One of these food products was cookies. This research aimed to determine the effect of avocado seed flour substitution on the preference level, water content, and protein content.

This research design employed a completely randomized design (CRD) with one factor with six treatments and repetitions twice. The avocado seed flour substitutions used were 0%, 5%, 10%, 15%, 20% and 25%. The process of baking cookies uses a temperature of 135 °C for 15 minutes. Cookies were tested for preference level based on parameters of color, taste, aroma, texture, as well as water content and protein content. The analysis results were tested using One Way Anova and if there was a significant difference, continue using the Duncan test with a significance of 5%.

The test results showed that the substitution of avocado seed flour had a significant effect on the preference level, water content, and protein content of the cookies. The results of the preference level test show that the most preferred cookies are the substitution of 15% avocado seed flour with 85% wheat flour. In this treatment, cookies had a brown color, aroma, and a distinctive taste of avocado seed flour and crunchy texture. The most preferred sample had 3,80% (wb) water content and 5,51% protein content. Based on the result of the analysis of water content and protein content the most preferred cookies samples meet SNI 02973-2011 concerning quality requirements for cookies and biscuits.

Keywords: Avocado seed flour, cookies, preference level, water content, protein content